

## **Tobacco Policy and Prevention (TPP)**

### **Brief Program Description**

The primary purpose of the Tobacco Policy and Prevention (TOPP) project was to compare the effects of a multicomponent school tobacco policy intervention with existing school policies for preventing tobacco use among middle school adolescents. TOPP consisted of four components: three 50-minute student sessions in tobacco prevention education, a faculty presentation, a PTA presentation, and a faculty/administrative policy workshop.

The program's hypotheses were that (1) policy enforcement, awareness, support, consequences, and norms predict and mediate tobacco use; (2) policy intervention prevents tobacco use; and (3) policy intervention changes enforcement.

There were significant effects at 6-and 18-month followup, including increased student support for and beliefs about the helpfulness of the school's tobacco-use prevention policy and for teacher guidance to students about tobacco use. Students also perceived personal consequences for policy violation and had decreasing perceived social norms and favorable attitudes toward smoking. Study results showed monthly smoking decreases that were significant at 6 months and marginal at 18 months.

### **Contact Information**

For indepth information on this program, please use the contact listed below.

#### **Program Developer**

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